Health Tips *for seniors*

What are functional foods?

Facts

- Functional foods are foods that contain substances that are not necessary to prevent poor nutrition <u>but</u> may help promote good health.

- Functional foods contain substances known as phyto-chemicals (phyto-medicinals) that may help reduce the risk for heart disease & cancer and may reduce the rate of aging.

How do I get these helpful phyto-chemicals?

- Eat a variety of fruits

- Eat a variety of vegetables

- Eat a variety of legumes

- Never purchase phyto-chemicals in a pill form